

Sticky Sesame Tempeh

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundation	VG	12	11.85 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 1/4 cup	3 lb 0.31 oz	0%	3 lb 0.31 oz	Tempeh, Plain	To Prepare Tempeh - Boil Tempeh in a pot or skillet of water for 10 minutes. Remove and allow to cool. Once cool enough to handle, crumble tempeh.



Preparing Tempeh



Cooling Tempeh



Tempeh into Crumbles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	0 lb 14.10 oz	0%	0 lb 14.10 oz	Soy Sauce, regular	For Sticky Sesame Tempeh Crumbles - Whisk soy sauce, sugar, and lime juice in a bowl and reserve. Heat oil in a skillet or flat top grill over medium high heat. Add tempeh and cook for 3-5 minutes, allowing tempeh to slightly caramelize and become crispy. Add garlic and ginger and cook until fragrant. Add reserved sauce to mixture and reduce for about 3-5 minutes or until all liquid has evaporated and tempeh is caramelized. Add sesame seeds and hold hot for service.
	1 1/4 cup	0 lb 8.87 oz	0%	0 lb 8.88 oz	Sugar, White, granulated	
	2 tbsp	0 lb 1.04 oz	58%	0 lb 2.45 oz	Limes, juice	
	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	
	3/4 cup	0 lb 6.35 oz	12%	0 lb 7.21 oz	Garlic, cloves, peeled, minced	
	6 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Ginger, fresh, minced	
	3/4 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Sesame Seeds, White	



Sautéing Tempeh



Adding Garlic and Ginger



Adding Sauce



Adding Sesame Seeds

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12 cup	3 lb 6.60 oz	0%	3 lb 6.60 oz	Rice, Jasmine, cooked	To serve - Place 6 ounces of rice in bottom of bowl and top with 4 ounces of the crumble. Garnish with 1 Tablespoon green onion.
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	

RECIPE IMAGES



Sticky Sesame Tempeh

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 14.19 oz	0 %	8 lb 14.19 oz	0 %	8 lb 14.19 oz
Size of portion	11.85 oz		11.85 oz		11.85 oz

ADDITIONAL INFO

MEMO

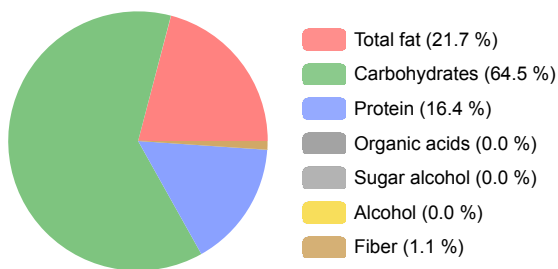
You can also steam tempeh in a perforated hotel pan in a steamer for 10 minutes. Follow same steps as before.

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI	
Total fat	22.54 g	29 %	21.70 %	918.62 kcal	46 %	Salt	5.74 g			
Saturated	4.07 g	20 %	3.92 %	3,843.50 kJ		Salt	1.71 %	Vitamin A	1.82 µg 0 %	
Monounsaturated	8.59 g		8.27 %			Sodium	2,295.96 mg	100 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	8.59 g		8.27 %			Phosphorus	511.69 mg	41 %	Thiamine	0.45 mg 38 %
Trans fatty acids	0.02 g		0.02 %			Potassium	850.57 mg	18 %	Riboflavin	0.57 mg 44 %
Cholesterol	0.00 mg	0 %				Iron	6.97 mg	39 %	Niacin	7.31 mg 46 %
Linolenic acid	7.83 g		7.54 %			Calcium	269.44 mg	21 %	Vitamin B6	0.71 mg 42 %
Alpha-linolenic acid	414.45 mg		0.40 %			Zinc	3.86 mg	35 %	Vitamin B12	0.09 µg 4 %
Total Carbohydrate	145.92 g	53 %	64.54 %			Magnesium	171.10 mg	41 %	Vitamin C	6.26 mg 7 %
Sugars total	21.72 g	43 %				Iodine	0.00 µg	0 %	Vitamin E	0.86 mg 6 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	25.30 µg	46 %	Vitamin K	10.84 µg 9 %
Lactose	0.00 g					Copper	1.32 mg	147 %	Others	
Fiber	5.38 g	19 %	1.12 %						Water	121.67 g
Organic acids	0.00 g		0.00 %							
Sugar alcohol	0.00 g		0.00 %							
Starch	0.00 g		0.00 %							
Protein	37.04 g	74 %	16.38 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.01 kg
Main courses	1.41 kg
Desserts	0.64 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.